

How can I keep my kidneys healthy?

You can keep your kidneys healthy by taking these steps:

- Keep your blood glucose numbers as close to your target as possible. Your doctor will work with you to set your target blood glucose numbers and teach you what to do if your numbers are too high or too low.
- Keep your blood pressure numbers as close to your personal goal as possible. If you take blood pressure medicine, take it as your doctor advises.
- Eat healthy meals and follow the meal plan that you and your doctor or dietitian have worked out. If you already have kidney disease, you may have to avoid a diet high in protein, fat, sodium, and potassium.
- If you choose hemodialysis, watch how much liquid you drink. Your dietitian will help you figure out how much liquid to drink each day.

- At least once a year, have these tests for kidney disease:
 - blood pressure test
 - albumin and creatinine measurement
 - eGFR
- Have any other kidney tests your doctor thinks you need.
- Avoid taking painkillers often. Daily use of nonsteroidal anti-inflammatory drugs, such as the arthritis-type painkillers ibuprofen and naproxen, can damage your kidneys. If you are dealing with chronic, or long lasting, pain from a health problem such as arthritis, work with your doctor to find a way to control your pain without putting your kidneys at risk.

- See a doctor right away for bladder or kidney infections. You may have an infection if you have these symptoms:
 - pain or burning when you urinate
 - a frequent urge to urinate
 - urine that looks cloudy, reddish, or dark
 - fever or a shaky feeling
 - pain in your back or on your side below your ribs
- If you smoke, stop smoking.

